



food log

SCORE

AVOID

MON EXERCISE

H₂O

VEGGIES

TUES EXERCISE

H₂O

VEGGIES

WEDS EXERCISE

H₂O

VEGGIES

THURS EXERCISE

H₂O

VEGGIES

FRI EXERCISE

H₂O

VEGGIES

SAT EXERCISE

H₂O

VEGGIES

SUN EXERCISE

H₂O

VEGGIES